Engaging in Self Discovery

Written by: Amber Wing, Residence Director
When you look up “self-discovery” in the dictionary it says the following “discovering your own individuality”. This sounds a lot easier said than done. In a world where the media is telling us day in and day out what our individuality should look like, it’s difficult to engage in actual self-discovery.
For me personally, I find in today’s world that you must drive your own bus in finding who you really are. You can’t rely on the media to tell you and you certainly shouldn’t rely on your friends and family – it’s called self-discovery. Finding yourself is supposed to be about finding it on your terms and on your own time.

College is a prime time for engaging in self-discovery. You are able to discover things you like and that you don’t like. You are able to discover ideas, people, styles and cultures that you want to explore, and in turn those experiences turn into opportunities for self-discovery.

Student Leader Reflection –
Written by: Shelley Jo Mills, SLA & Baptist Campus Ministries
Engaging in self-discovery is something we as student leaders do every day, but let’s be honest, we don’t have it all figured out. At least, I know I don’t. College is a time that we get involved, find what we are passionate about, and learn more about ourselves. As student leaders we are supposed to help lead others in their self-discovery.
My question though is, how in the world are we supposed to help others if we haven’t found ourselves yet? How will I know what to say or how to lead those around me?

Throughout my collegiate career at Belmont God has been showing me that He will guide me and I must rely on Him. I’ve had four different majors and about ten different career possibilities. Throughout this journey, finally landing in the School of Religion, I had to get out and explore. I explored the world around me, went on adventures, worked hard and had fun. Through all of that, God’s calling on my life became clearer. I have found things that I’m passionate about and things that I am good at.
I’ve discovered new areas of strength and talent. You may think that you don’t have time for any of that because you are a leader and already have such a busy schedule. But, here is my nugget of truth for each of you, I’ve done all of my exploring with those that I am leading and serving alongside.

Lead those around you to the best of your abilities but also realize that you are providing them with outlets of self-exploration and that those same opportunities are yours as well. Indulge in them! No one ever said that the road to self-discovery has to be taken alone. So get out, explore and engage in life. At some point, you will find yourself, but it’s not a race – there is no rush. Let it happen each and every day. and stop just long enough to recognize those moments of self-discovery and celebrate them!!

While on this journey, be sure to keep in mind the following thoughts:

Be as specific as possible. When asking questions, make sure that they are solid questions that can give you solid answers to move forward with.
Secondly, don’t be so hard on yourself through your discovery process. Give yourself time and extend yourself grace and love since self-discovery can often be a little difficult and can make you see things in ways you never have seen that way before. Third, be honest with yourself and don’t let anything get in your way. Genuine opportunities for self-discovery opens up opportunities of vulnerability and this can be both exciting and scary. Stay true to yourself throughout this process.

Most importantly, remember to not give up when it starts to get difficult. Remember this is a process – a process that can take many years but the discovery is worth it! Be kind to yourself and always extend patience to yourself and in the end you will find yourself! How exciting is that?!?

Happy discovering!

Below is a highlight of upcoming programs supporting this month’s learning theme of Engaging in Self-Discovery and more:

- Are you Called Convo – 11/5
- Justice & Missions Week – 11/12
- Managing Your Digital Footprint Convo – 11/12
- My Life in Story Telling Convo – 11/12
- Quidditch Practices – 11/12
- First on the Floor – 11/13
- Understanding Muslim Societies Convo – 11/14
- Into Nashville – 11/17
- Musical Theater Productions
- Shane Claiborne Convo – 11/28
- Alumni on a Mission Convo – 11/30
- Group Fitness Classes

For times and locations for listed events, check BruinLink & BIC calendars.